

**Matins Propers: January 30, 2005**  
**Meatfare Sunday**  
**Feast of the Three Holy Hierarchs:**  
**Basil the Great, John Chrysostom, and Gregory the Theologian**

*All page references are to **The Order of Matins on Sundays After Pentecost, 2004***

1. *Introduction, p. 1*
2. *Hexapsalmos, p. 1*
3. *Litany of Peace, p. 10*
4. *"The Lord is God," Tone 2, p. 97*  
*Troparion, Tone 2 (sung twice), p. 97*  
*Glory...*

**Troparion of the Three Holy Hierarchs - Tone 4**

Teach-ers of the word, of one mind with the a-pos - tles, in - ter-cede with the  
Lord of all to grant peace to the world and a-bun-dant mer-cy to our souls.

*Now and ever...*

*Festal Theotokion, Tone 4, p. 161*

5. *First Sessional Hymn, Tone 2, p. 161*
6. *Second Sessional Hymn, Tone 2, p. 163*
7. *Polyeleos, p. 16*

**Psalm 136**

By the wa - - - ters of Bab - y-lon, al - le - lu - ia,  
there we sat down and we wept when we re-mem - bered

you, O Zi - on; when we re-mem-bered you, O Zi - - on.

Al - - - le - lu - ia, al - le - lu - ia.

② For it was there that they asked us, al - le - lu - ia,

our cap-tors for songs, our op-pres-sors for joy. Sing to us, they said,

one of Zi-on's songs, sing to us, they said, one of Zi-on's songs,

Al - - - le - lu - ia, al - le - lu - ia.

③ How could we sing, yes, sing, al - le - lu - ia,

the song of the Lord, the song of the Lord

on a - lien soil, sing the Lord's song on a - lien soil?

Al - - - le - lu - ia, al - le - lu - ia.

④

O Bab - y - lon, de - stroy - er, al - le - lu - ia,

one is hap - py who re - pays you, one is hap - py

who re - pays you all the ills that you brought on us.

Al - - - le - lu - ia, al - le - lu - ia.

⑤

Glo - ry to the Father, and to the Son, and to the Ho - - - ly

Spir - it, al - le - lu - ia; now and ev - er and for -

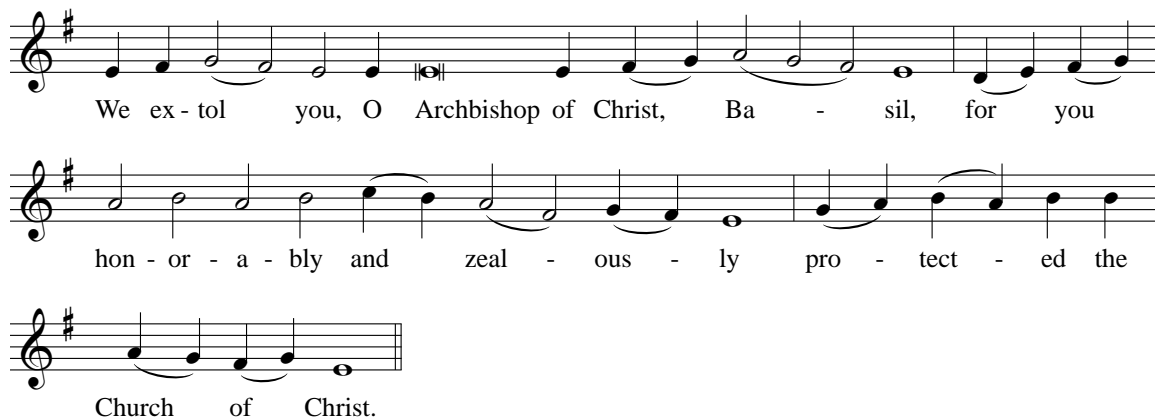
-ev - er, A - men, and for - ev - er. A - men.

Al - - - le - lu - ia, al - le - lu - ia.

## Exaltation

The priest sings the first exaltation for Basil, and the faithful repeat it.

### Refrain 1

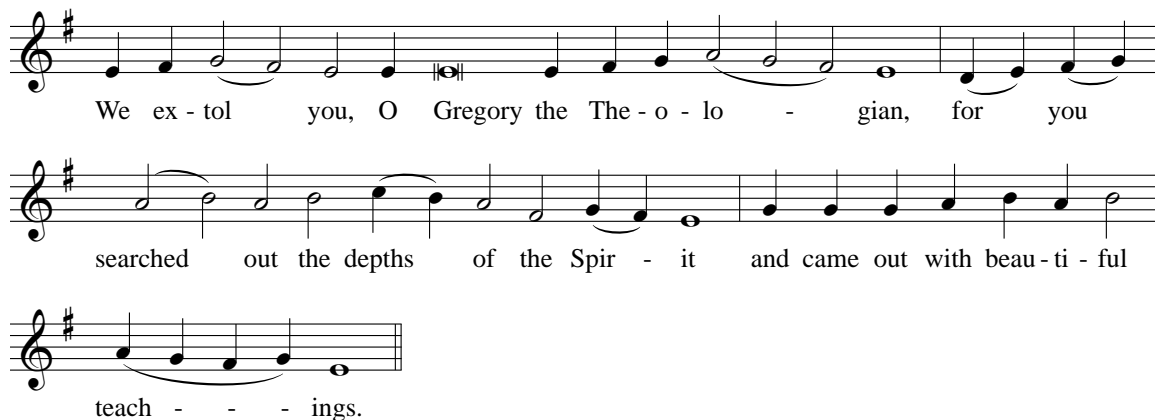


We ex - tol you, O Archbishop of Christ, Ba - sil, for you  
hon - or - a - bly and zeal - ous - ly pro - tect - ed the  
Church of Christ.

*Verse:* The law from your mouth means more to me than silver and gold. *Refrain 1*

*Verse:* They are happy whose life is blameless, who follow God's law.

### Refrain 2

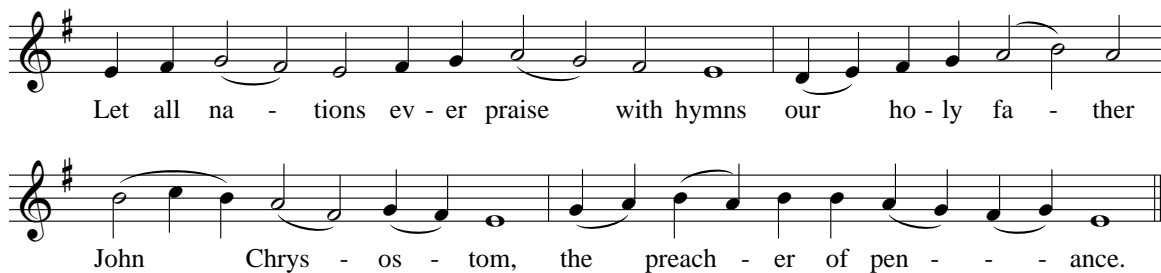


We ex - tol you, O Gregory the The - o - lo - gian, for you  
searched out the depths of the Spir - it and came out with beau - ti - ful  
teach - - - ings.

*Verse:* It was your hands that made me and shaped me; help me to learn your commands.  
*Refrain 2*

*Verse:* I open my mouth and I sigh as I yearn for your commands.

### Refrain 3



Let all na - tions ev - er praise with hymns our ho - ly fa - ther  
John Chrys - os - tom, the preach - er of pen - - - ance.

**Verse:** Turn and show me your mercy; show justice to your friends. *Refrain 3*

**Verse:** I have not forgotten your commandments. *Refrain 3*

**Verse:** Glory...now and ever...*Refrain 3*

*Three times, each with a reverence:*



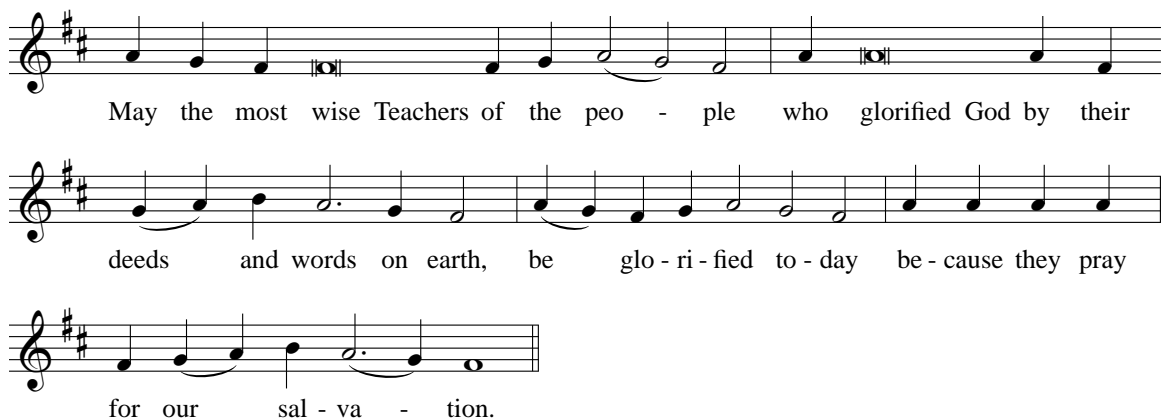
Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia! Glo - ry to you, O God!

*After "Alleluia...", the faithful sing the exaltation for Basil and the priest repeats it.*

### 9. Hypakoe, Tone 2, p. 102

*Glory...now and ever...*

*Tone 4 podoben: Javilsja jesi*



May the most wise Teachers of the peo - ple who glorified God by their  
deeds and words on earth, be glo - ri - fied to - day be - cause they pray  
for our sal - va - tion.

10. *Prokeimenon, Tone 2, p. 105*
11. *Let Everything That Lives and That Breathes, Tone 2, p. 106*
12. *material before the Gospel, p. 24*
13. *Resurrection Gospel 2 (Mark 16: 1 - 8)*
14. *Having Beheld the Resurrection of Christ, p. 25*
15. *Psalm 50, p. 25*


**Penitential Stichera after Ps. 50**

**Cantor:**




Glo - ry to the Father, and to the Son and to the Ho - ly Spir - - - it.

**All:**



O - pen to me the doors of repen - tance, O Giv - er of life. As we wor - ship in



your tem - ple this morn - ing, teach us how to purify the temples of our bod - ies,



and, in your com - pas - - - sion, pur - ify me by the good - ness of




your mer - - - cies.

**Cantor:**




Now and ev - er and for - ev - er. A - men.

**All:**



Lead me to the paths of salva - tion, O The - o - to - kos, for I have condemned

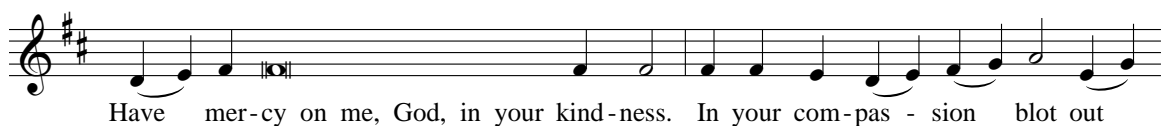


my-self with shame-ful sins and have was-ted all my life in sloth-ful - ness.



By your in-ter-ces - sion, pur - i - fy me from all sin - ful - ness.

**Cantor:**

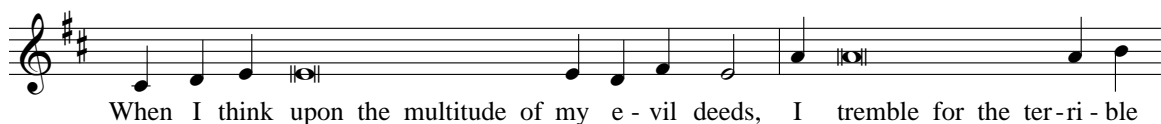


Have mer-cy on me, God, in your kind-ness. In your com-pas - sion blot out

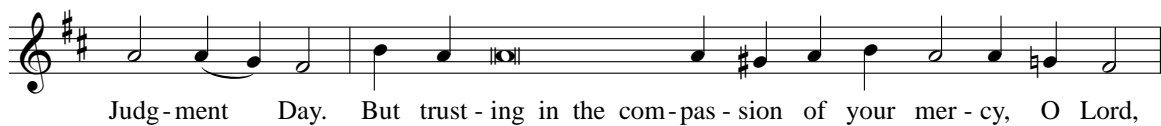


my of - fense.

**All:**



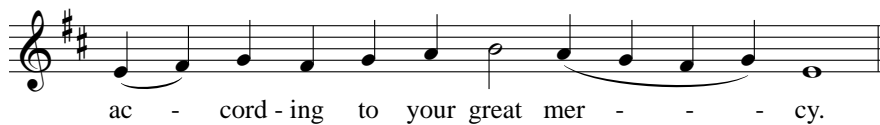
When I think upon the multitude of my e - vil deeds, I tremble for the ter-ri - ble



Judg-ment Day. But trust - ing in the com-pas - sion of your mer - cy, O Lord,



I cry to you like Da - vid: Have mer - cy on me, O God,



ac - cord - ing to your great mer - - - cy.

16. Prayer after Ps. 50, p. 29

**Canon**

**Ode 1**

**Irmos of the Resurrection - Tone 2**

In days of old, in days of old, the en - tire ar - my of  
Phar - roah was o - ver-thrown in the a-byss; and now the  
Word made flesh has a - bol - ished the weight of our sins.  
He is the Lord whom we glo - ri - fy, for he is cov - ered with glo - ry.

**Refrain**

Glo - ry to you, our God, glo - ry to you.

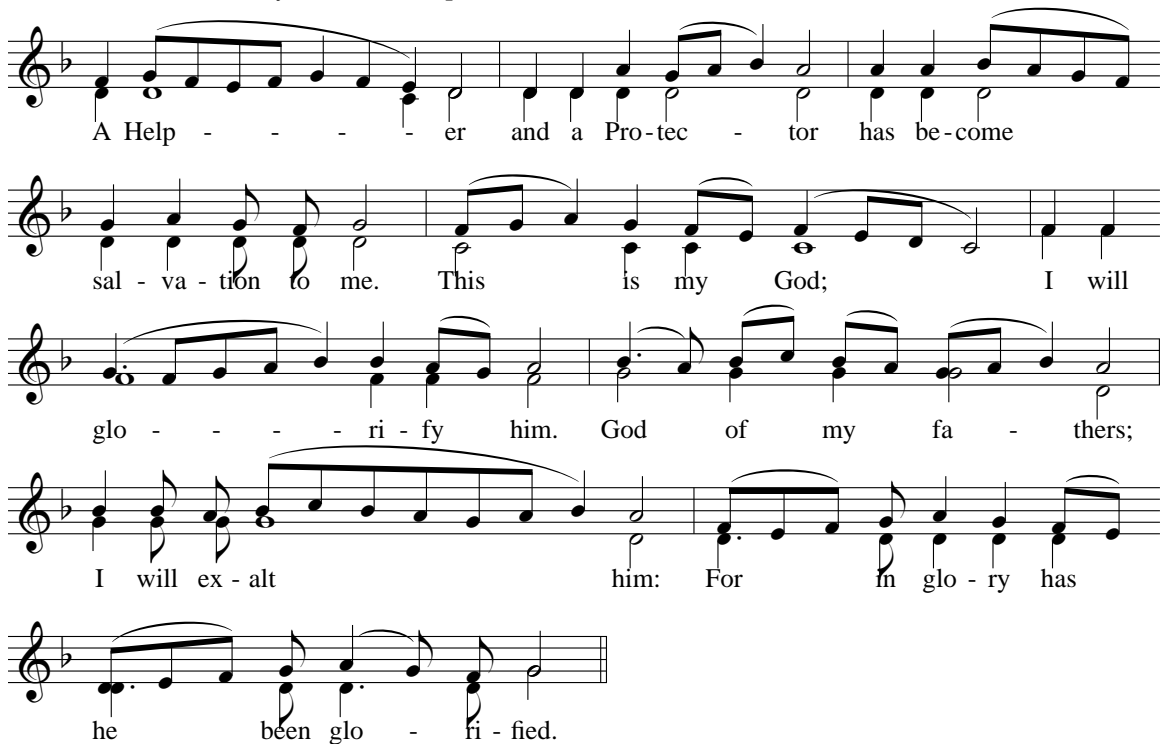
For not having followed your commandment, we have been indicted before the Prince of this world; but your cross has brought him under judgment. Having struck you as a mortal, he himself was overcome with weakness and fell beneath the strength of your arm. *Refrain*

Redeemer of the human race and Prince of eternal life, you have come into the world. By your Resurrection you have broken the bonds of death; and together we all glorify you, for you are covered with glory. *Refrain*

O most pure Virgin, you have appeared higher than every creature visible and invisible. For you have given birth to the Creator when he was pleased to take flesh in your womb. Intercede with him for the salvation of our souls.



Irmos of Meatfare Sunday - *Tone 6 samopodoben*



A Help - - - er and a Pro-tec - tor has be-come  
sal - va - tion to me. This is my God; I will  
glo - - - ri - fy him. God of my fa - thers;  
I will ex - alt him: For in glo - ry has  
he been glo - ri - fied.

**Refrain**



Glo - ry to you, our God, glo - ry to you.

I tremble when I think of your ineffable coming; in fear I see that awesome day, O almighty God, when you shall be seated to judge the living and the dead. *Refrain*

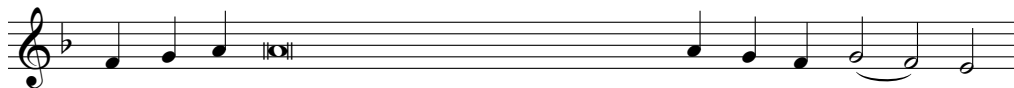
When you shall come, O our God, surrounded by the powers of heaven with thousands of angels, O Christ, grant that I, too, may meet you in heaven. *Refrain*

Come, O my soul, and think of that hour and that day when God shall appear to the eyes of all. Shed your tears and sighs so that he may find you pure at the hour of judgment. *Refrain*

I feel the terror of Gehenna and the fire that is never quenched, the worm that consumes, and the gnashing of teeth. Blot out my sins and forgive me, O Christ, and grant me a place with your elect. *Refrain*

May I hear your voice which calls all the Saints to your joy, and may I find the ineffable repose of your heavenly kingdom. *Refrain*

In your justice do not call me to judgment, scrutinizing my actions and correcting my misdeeds; in your mercy look not upon my transgressions, but save me, O God almighty.



Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it.

O only God in three Persons and Lord of all, the beginning and end of all things, save us, O Father, Son, and Holy Spirit.



Now and ev - er and for - ev - er. A - men.

What son has ever been born without paternal seed? He who is begotten of the Father outside the maternal womb. O marvelous wonder, the Virgin gives birth to the One who is both God and human.

*Katavasia: repeat "A Helper and a Protector..."*

**Kontakion of the Three Holy Hierarchs - Tone 2**



Lord, you have received your holy and in-spired preach - ers, the fore-most



of teachers, into the enjoyment of your good gifts and re - pose. You pre-ferred



their labors and death a - bove an - y sac - ri - fice, for you a - lone



glo - ri - fy your saints.

**Ikos** Who is able to worthily open his mouth and honor with his lips those whose mouths breathed forth fire by the power of the Word and the Spirit? However, I dare to undertake such a discourse, for these three holy Bishops have surpassed human nature entirely by both the greatness and the number of their gifts, going beyond all who have excelled either in action or divine contemplation. And now you shower them with the greatest rewards,



**Kontakion of Meatfare Sunday - Tone 1**

When you come to the earth in glo - ry, O God, and the u - ni - verse  
 trem - bles and a river of fire flows before your judg - ment seat and the books are  
 o - pened and ev - erything hidden is re - vealed, de - liv - er me then from the  
 un - quench - a - ble fire and make me wor - thy to stand at your right hand,  
 O most right - eous Judge.

**Ikos:** When I think of your fearful judgment and the day of your justice, O Lord of goodness, I tremble with fear; for my conscience accuses me. When you shall be seated upon the throne to bring the entire world before you in trial, no one will be able to deny sins; for truth shall triumph and no one will dare dispute. The fires of Hades will crackle and sinners grind their teeth. But you, O Lord, have mercy on me and spare me,

O most right - eous Judge.

## Ode 8

### Irmos of Meatfare Sunday - Tone 6 samopodoben

The hosts of heav - en give him glo - ry; be - fore  
him trem - ble cher - u - bim and ser - a - phim; let ev - 'ry - thing  
that has breath and all cre - a - tion praise him, bless  
him, and ex - alt him a bove all for - ev - - - er.

### Refrain

Glo - ry to you, our God, glo - ry to you.

I think of meeting you, O Lord, at the time of your fearful second coming; I dread your punishment, and I tremble before your wrath. Deliver me at that hour and save me forever. *Refrain*

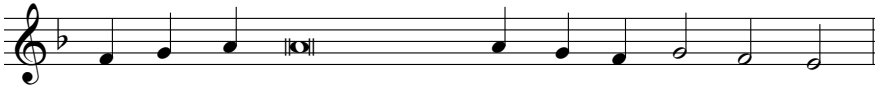
When you come to judge the universe, O God, what mortal will be able to bear the sight of you? The unquenchable fire and the worm that consumes without end shall take away the condemned and torment them forever. *Refrain*

When you shall assemble all the living to judge them, O Christ, at that time, great will be the fear, great will be the distress and terror; for only good deeds shall be beneficial forever. *Refrain*

O Judge of all, my Lord and my God, may I then hear your call, see your immeasurable brightness, discover your heavenly dwelling place, contemplate your splendor and glory, and be filled with joy forever. *Refrain*

O just Judge and my Savior, have mercy and save me from the flames of punishment, to which I shall be subjected by a just judgment; before the end, better my life through the virtue of repentance. *Refrain*

When you shall sit in judgment, O Christ, and when your glory shall shine brightly, O what fear there shall be at that moment! When the furnace flames with fire, and every person trembles before your tribunal



Let us bless the Father, Son, and Ho - ly Spir - it, Lord.

I adore the unique divinity, and I praise the three Persons in God; distinct in countenance, without being separated nor divided; for in three Persons there is but one divinity: Father, Son, and Holy Spirit.



Now and ev - er and for - ev - er. A - men.

Christ has shone forth from your virginal womb as a bridegroom coming forth from the bridal chamber, a light for those who were seated in darkness. The Sun of justice is risen, O Virgin, to enlighten the whole world.



Let us praise, bless, and worship the Lord, sing - ing and highly ex - alt - ing him



a - bove all for - ev - er.

*Repeat Irmos from above.*

*The Cantic of the Theotokos (Magnificat) is found on page 32.*

## Ode 9

### Irmos - Tone 6 samopodoben



Con - cep - tion with - out seed; na - tiv - i - ty past un - der -  
- stand - ing, from a moth - er who nev - er knew a man;  
child - bear - ing un - de - filed. For the birth of God  
makes both na - tures new. There - - - fore as Bride and  
The - o - to - kos, with true wor - ship all gen - er - a - tions  
mag - ni - fy you.

### Refrain



Glo - ry to you, our God, glo - ry to you.

The Lord is coming to punish sinners and save the just; let us pour out our tears and tremble; let us call to mind that day when the Lord will uncover all our secret deeds, and punish them as is fitting. *Refrain*

Moses trembled with fear when he saw you from behind; and I, in my wretchedness, how can I bear to see your face directly, when you shall come from heaven? But spare me, O God of goodness, and look upon me with favor. *Refrain*

Daniel feared the hour of judgment; and I, in my wretchedness, how can I bear you, O Lord, when you shall come on that fearful day? Before the end, grant that I may serve you worthily, so that I may share in the kingdom of heaven. *Refrain*

The fire is ready, the worms await their prey. But for the righteous are reserved joy, happiness and forgiveness, glory and unending light. Who then will have the good fortune to escape punishment and to inherit eternal blessings? *Refrain*

In your anger, do not reject me far from your face, O Lord. May I not hear your voice pronounce the curse and send me to the fire; rather may I enter into the joy of your eternal wedding banquet with your elect. *Refrain*

My soul is wounded, my body has grown weak, my spirit is dropping, my thoughts are without strength, the end is near, and my life is passing away. What will you do, O my poor soul, when the Judge shall come and reveal your secret deeds? *Refrain*

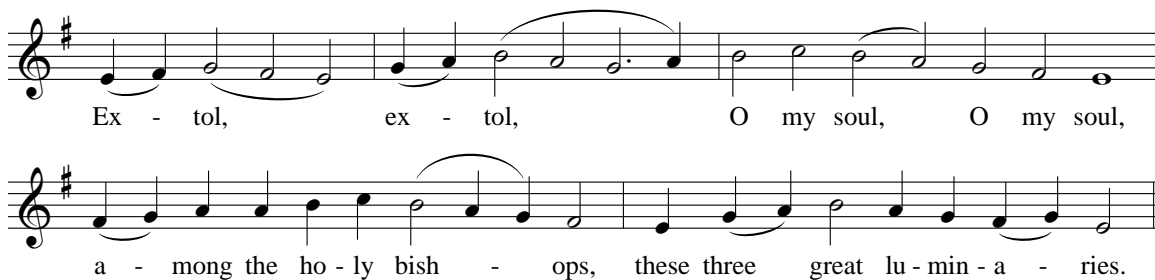
O Father who alone has begotten your only Son Jesus Christ, the unique reflection of the only Light, and the one Holy Spirit of our only God, who is truly Lord and proceeds from the Lord, O one Holy Trinity, save me who confess you as God. *Refrain*

The wonder of your giving birth fills me with admiration, O most pure Virgin; without seed, how did you conceive the infinite One? Tell me, how did you remain a virgin while giving birth? O Mother, in faith you welcome this wondrous work in you; entreat your almighty Son on our behalf.

### **Irmos of the Three Holy Hierarchs - Tone 6 simple setting**

The Son of the e - ter - nal Fa - ther, our Lord and our God, has tak - en  
flesh from the Vir - gin. He has ap - peared to il - lumine the darkness and to collect  
the scat - tered. O The - o - to - kos, worthy of all praise, we ex - tol you.

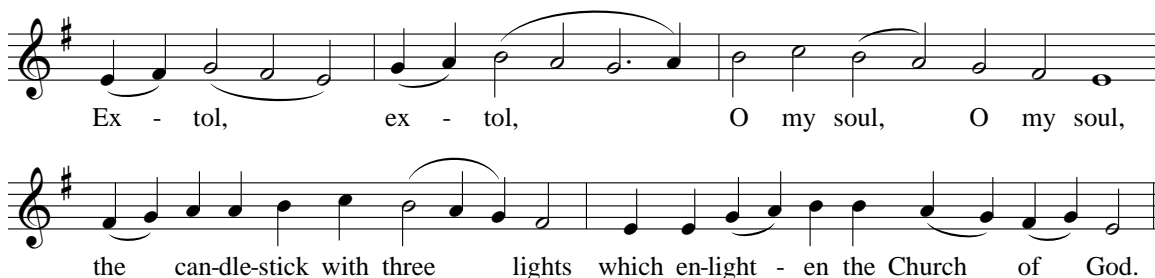
*Refrain 1*



Ex - tol, ex - tol, O my soul, O my soul,  
a - mong the ho - ly bish - ops, these three great lu - min - a - ries.

Behold, here is your orchard and here is your flock for whom you have labored; they are now gathered in unity. And with a single celebration, they praise the three of you in your beautiful union.

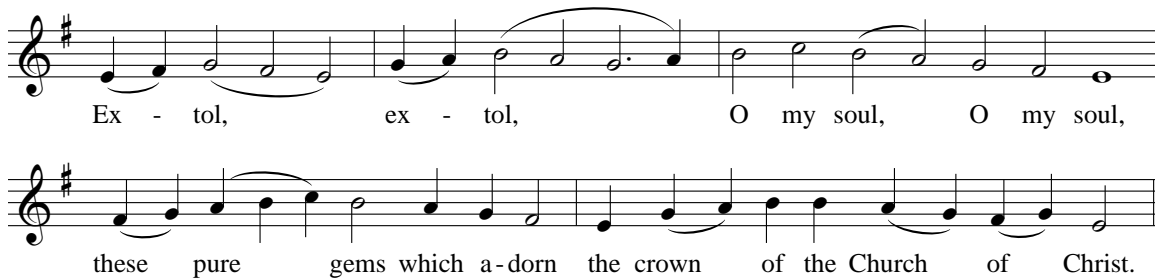
*Refrain 2*



Ex - tol, ex - tol, O my soul, O my soul,  
the can-dle-stick with three lights which en-light - en the Church of God.

It is not a two-edged sword, but a three-edged sword that was brandished against the enemies of grace. It is a single blade forged in heaven and finely honed on all three edges. Unceasingly it fights for the one Divinity with the triple brightness.

*Refrain 3*



Ex - tol, ex - tol, O my soul, O my soul,  
these pure gems which a-dorn the crown of the Church of Christ.

Your home was in heaven, O holy ones, even though you walked in the flesh in all purity. Now that you dwell in heaven completely, pray for us who crown you on earth. May we both meditate on and do the things that are on high.



*Refrain 4*

Ex - tol, ex - tol, O my soul, O my soul,  
the most ven - er - a - ble Vir - gin, more glo - rious than the pow - ers on high.

The abundance of your wonders encircles me and restrains me, suppressing every word in me; their very abundance deprives me of the means of praising you. Thus I glorify the One who extols you.

*Katavasia: Repeat Irmos "Conception without seed..." from page 14 of this insert.*

## **Hymns of Light**

*Holy is the Lord our God, tone 2, p. 120*

When the myrrh-bearing women saw the stone rolled away, they rejoiced; for they saw a young man sitting at the grave, who said to them: Behold, Christ is risen! Say to Peter, the disciple of the Lord: Hasten to the mountain in Galilee; there you shall see Christ as he had said to his friends.

*Glory ...*

Let us joyously praise the God-bearing Fathers, the three radiant lamps who are brighter than the rays of the sun. They obtain the radiance from the original Source of Light, the Trinity, the three persons awesomely united above nature.

*Now and ever...*

As I think about the day of your fearful judgment and your ineffable glory, O Lord, I tremble with fright, and in fear I cry out: When you come upon the earth in your divine glory, O Christ, to judge the whole world, spare me and deliver me from punishment, O Master, and count me worthy to stand at your right hand.

19. *Psalms of Praise: Tone 2, p. 120*  
*recited verses, p. 121*

To carry out the sentence pre-ordained:  
this honor is for all *the* faithful.

Praise God in his holy place, **Psalm 150**  
praise him in his mighty heavens.

**Cantor:** Praise him for his powerful deeds,  
(on 4) praise his surpassing greatness.

Tone 2

All cre - a - tion and ev - 'ry liv - ing thing glo - ri - fy you, O Lord,  
for through your cross you have a - bol - ished death so that you might show all  
nations your re-sur-rec - tion from the dead as the on - ly Lov-er of us all


**Cantor:** (on 3)

Tone 5

O praise him with sound of trum-pet, praise him with lute and harp.

**Stichera of the Three Holy Hierarchs - Tone5 podobn: Radujsja**


Re-joyce, O trin - i - ty of bish-ops, great de-fend-ers of the Church,  
pil - lars of pi - e - ty and for-tress of the faith - - - ful,



suc - cess-ful op - po - nents of those preach-ing her - e - sy. You ex-plained




the blessed teachings of Christ to the peo - ple, and you nour-ished them by your



deeds of vir - tue. You are bril-liant preach-ers by the grace of God



who taught the law of Christ to the faith - - - ful and guid - ed



them to the ent-rance of Par - a - dise on high. In - ter - cede with Christ to send



down great mer - cy on our souls.

**Cantor:** (on 2)



Praise him with timbrel and dance, praise him with strings and pipes.



Re-joice, O trin - i - ty of bish-ops, earth-ly an - gels who have ascended

in - to heav - en. You are the sal - va - tion of the world,  
the joy of the human race, and teach - ers of the whole world.  
You are de - fend - ers of the Word and wise heal - ers of spir - itual and  
bod - i - ly ills, ev - er - flow - ing spir - itual rivers which water the face of the  
earth with your words. You are the foun - da - tion of theology and sublime  
speak - ers of gold - en words. In - ter - cede with Christ to send down great  
mer - cy on our souls.

**Cantor:** *(on 1)*

O praise him with resounding cymbals, praise him with clashing of cymbals.  
Let everything that lives and that breathes give praise to the Lord.

①

Re-joyce, O trin-i-ty of bish-ops, earth-ly suns of the fir-ma-ment,  
 rays and lu-minaries from the splendor of the Tri-une Sun, the sight of  
 those who are in dark-ness, the most fra-grant flow-ers of Par-a-dise.  
 O The-o-lo-gian, wise Basil, and John Chrys-os-tom, O tab-lets for the writings  
 of the Spir-it, O God-in-spired tablets and orna-ments of wis-dom,  
 in-ter-cede with Christ to send down great mer-cy to our souls.

**Cantor:** Arise, then, Lord, lift up your hand!  
 (on A) O God, do not forget the poor!

Sticheron of Meatfare Sunday - *Tone 8*

Ⓐ

Dan-iel the proph-et, a man great-ly be-lov'd, hav-ing seen the pow-er  
 of God, cried out: God is seat-ed in judgment, and the books are o-pened.

O my soul, if you fast, do not de-ceive your neigh - bor. If you abstain from  
 food, do not judge oth - ers, lest you go to be burned like wax in the fire.  
 But may Christ lead you free - ly to his heav'n - ly king - dom.

**Cantor:** Glory...

**Doxastikon of Meatfare Sunday** *Tone 1*

O faith - ful, let us purify ourselves with repentance, the queen of vir - tues.  
 Be - hold, it brings us an abun-dance of bles - sings. It dress-es the  
 wounds of pas - sions, it rec - onciles sinners with the Mas - ter.  
 There - fore, let us embrace it with joy and cry out to Christ our God:  
 You are ris - en from the dead; keep us free from con-dem - na - tion,

for we glor - ri - fy you as the on - ly sin - less One.

The musical notation is a single staff in G major (one sharp). It begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes for most words, with some words like 'glor - ri - fy' and 'on - ly' having longer note values. The final note is a whole note G4, which is the tonic of the key.

**Cantor:** Now and ever...

*Theotokion for normal Sundays, p. 38*

20. *The Great Doxology, p. 39*
21. *Troparion "You came forth from death," p. 43*
22. *Litany "Let us complete," p. 43*
23. *Prayer over bowed heads, p. 45*
24. *Dismissal, p. 46*